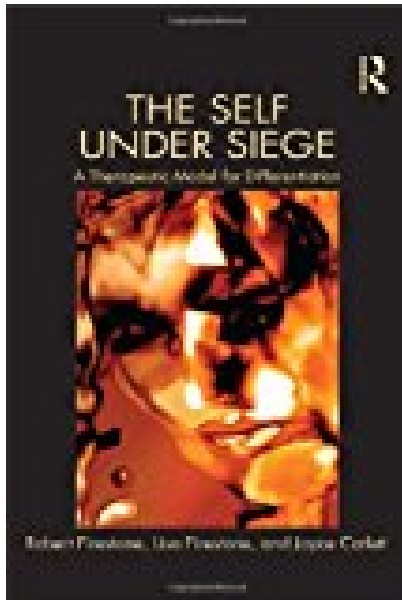


# The Self Under Siege A Therapeutic Model for Differentiation

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## BOOK DETAILS

- Author : Robert W. Firestone
- Pages : 296 Pages
- Publisher : Routledge
- Language : English
- ISBN : 0415520339

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## **BOOK SYNOPSIS**

"This book will provide therapists with the tools necessary to help their clients differentiate themselves from their parents, families of origin, and other influences that have unconsciously dominated and predetermined their lives. The authors argue that most of us are unaware of the extent to which our lives have been predetermined and pre-empted by a parent whose thoughts, beliefs, and feelings can actually be antagonistic to our own goals and desires. An integrative theoretical approach to personality development and human behavior is introduced, providing the foundation for an innovative cognitive-affective-behavioral therapeutic process centered around Firestones Voice Therapy technique"--

### **THE SELF UNDER SIEGE A THERAPEUTIC MODEL FOR DIFFERENTIATION**

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